



## On-the-go Breakfast Burritos

Are you looking for a quick breakfast dish you can take on-the-go? These breakfast burritos are easy, satisfying, and family-friendly. They can be made in batches and stored in the freezer until you're ready to eat them! They are packed with the familiar Mexican flavours we all love while providing protein and fibre to keep you full for longer. This recipe is a great way to get children involved in meal preparation too!

Recipe makes 4 medium burritos.

### Ingredients:

- 4 medium whole-grain tortilla
- 6 eggs, beaten
- 1 bell pepper, diced
- 2 large handfuls baby spinach, torn
- 2 tsp olive or canola oil
- Salt and pepper, to taste
- Your favourite toppings

### Directions:

Whisk the egg and season with salt and pepper.

In a medium pan, heat olive or canola oil on medium heat. Add the peppers and sauté until soft, about 5 minutes. Add the spinach and sauté another 2 minutes.

Pour the eggs over the peppers and spinach. Stir until the eggs are cooked to your liking.

Scoop your eggs into the center of the tortilla. Top with any other toppings you like (e.g. salsa, cheese).

Fold the 2 ends in toward the eggs, then fold one side over the eggs and roll until the filling is wrapped inside the tortilla.

Enjoy!

**Tip:** For a batch meal, wrap the burritos individually in plastic wrap and store in the freezer in a sealable plastic bag or container. When you're ready to eat them, remove plastic wrap and microwave for 45 seconds to 1 minute.



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